SCOUTS South Africa

Scout Trail 2012

ATHLETICS - *SCOUTCRAFT BADGE*	Badge Introduced: ***March 2005***	Requirements Reviewed: **March 2011**

Small outline of this badge.

Note: *The activities used to challenge a scout to reach a minimum athletic standard for their age or gender.*

Please check to see that you are using the lasted merit level. Info can be found at: www.scouting.org.za

Requirements

	Date Passed	Signed
1. Demonstrate the correct methods of walking and running, and of starting a race.		1
2. Demonstrate "Scouts Pace" [50 walk/50 run] over a distance of 1km without stopping.		2
3. Show a basic knowledge of the rules for the following: a) Sprint race b) Middle distance and long distance c) Relay races d) Hurdles e) Discus event or Shot-put		3
4. Discuss correct diet and methods of training for athletes.		4
5. Represent your club, Troop or school at an athletic meeting.		5
6. Gain the indicated times in five of the following groups of tests according to your age: • At least one must be at the "Merit" level. See Table on next page		6

AGE:	11 years		12 years		13 years	
GROUP 1	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
100 metre sprint Merit	15,25 sec	16,16 sec	15,02 sec	15,96 sec	14,42 sec	15,35 sec
100 metre sprint Standard	16,56 sec	17,55 sec	16,10 sec	17,10 sec	15,66 sec	16,67 sec
GROUP 2	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
150 metre sprint Merit	23,02 sec	24,12 sec	22,33 sec	23,70 sec	21,73 sec	23,10 sec
150 metre sprint Standard	25,10 sec	26,49 sec	24,25 sec	25,74 sec	23,60 sec	25,08 sec
GROUP 3	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
800 metres Merit	2m 46,60 sec	2m 57,10 sec	2m 41,90 sec	2m 52,47 sec	2m 36,20 sec	2m 47,63 sec
800 metres Standard	2m 52,60 sec	3m 11,02 sec	2m 47,75 sec	3m 6,37 sec	2m 43,20 sec	3m 03,03 sec
1200 metres Merit	4m 26,56 sec	4m 43,20 sec	4m 19,05 sec	4m 35,96 sec	4m 12,05 sec	4m 28,93 sec
1200 metres Standard	4m 49,48 sec	5m 07,55 sec	4m 41,32 sec	4m 59,67 sec	4m 33,71 sec	4m 52,04 sec
GROUP 4	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
Running high jump Merit	1,09 m	1,03 m	1,18 m	1,09 m	1.26 m	1,15 m
Running high jump Standard	0,93 m	0,87 m	1,01 m	0,93 m	1,08 m	0,98 m
Running long jump Merit	3,70 m	3.03 m	3,96 m	3,25 m	4,27 m	3,50 m
Running long jump Standard	3,17 m	2.60 m	3,40 m	2,79 m	3,66 m	3,00 m
GROUP 5	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
Shot-put Merit	9,8 m [2kg]	6,64 m [2kg]	9,00 m [3kg]	7,02 m [3kg]	9,89 m [3kg]	7,90 m [3kg]
Shot-put Standard	7,47 m [2kg]	5.06 m [2kg]	6,85 m [3kg]	5,35 m [3kg]	7,54 m [3kg]	6,02 m [3kg]
Discus Merit	25,70 m [75kg]	18,10 m [75kg]	27,90 m [75kg]	20,30 m [75kg]	27,98 m [1kg]	22,50 m [75kg]
Discus Standard	18,00 m [75kg]	13,20 m [75kg]	21,30 m [75g]	15,50 m [75kg]	21,31 m [1kg]	17,20 m [75kg]
Javelin Merit	30,80 m [500g]	20,50 m [500g]	33,40 m [500g]	23,10 m [500g]	34,20 m [600g]	25,80 m [500g]
Javelin Standard	23,30 m [500g]	15.70 m [500g]	25.40 m [500g]	17,60 m [500g]	26,00 m [600g]	19,60 m [500g]
GROUP 6	**Boys (70m)**	**Girls (70m)**	**Boys (75m)**	**Girls (75m)**	**Boys (80m)**	**Girls (75m)**
Hurdles (68 cm)	13,55 sec	14,71 sec	14,00 sec	14,76 sec	14,53 sec	14,41 sec
Hurdles (68 cm) Std	14,71 sec	15,98 sec	15,20 sec	16,03 sec	15,77 sec	15,65 sec
GROUP 7	**Boys**	**Girls**	**Boys**	**Girls**	**Boys**	**Girls**
Road walk (1,5 km) Merit	9 min 30 sec	10 min 03 sec	9 min 13 sec	9 min 48 sec	8 min 58sec	9 min 33 sec
Road walk (1,5 km) Standard	10 min 20 sec	10 min 55 sec	10 min 10 sec	10 min 38sec	9 min 45sec	10 min 22sec
GROUP 8 **Boys & girls 11, 12 or 13 years of age** Cross country run (3 km) Standard points only. No time set. Candidate not to stop running. NB The cross country must take place over open country and not along streets.						